



## 2010 COURSES

### SACS, CAPE TOWN

1-2 March	Coaching – Level 1
3-4 March	Coaching – Level 2 (Advanced and for those who have attended Level 1)
5 March	Junior coaching (For junior coaching up to U13)

### GREY COLLEGE, BLOEMFONTEIN

8-9 March	Coaching – Level 1
10-11 March	Coaching – Level 2 (Advanced and for those who have attended Level 1)
12 March	Junior coaching (For junior coaching up to U13)

### ST STITHIANS, JOHANNESBURG

5-6 April	Coaching – Level 1
7-8 April	Coaching – Level 2 (Advanced and for those who have attended Level 1)
9 April	Junior coaching (For junior coaching up to U13)

### KEARSNEY COLLEGE, DURBAN

12-13 April	Coaching – Level 1
14-15 April	Coaching – Level 2 (Advanced and for those who have attended Level 1)
16 April	Junior coaching (For junior coaching up to U13)

### RATES

#### Levels 1 or 2 Coaching Course

R4 000 per coach	R16 000 for team of five coaches
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#### Junior Coaching Course

R2 000 per coach	R8 000 for team of five coaches
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## LEVEL ONE

Day 1	Time	Course	Lecturer
	8:30am	Arrival and registration	
	9:30am	Language of rugby	Jake White & Eddie Jones
	10:30am	The breakdown	Eddie Jones
	11:30am	Breakdown practical drills	Eddie Jones
	12:30pm	Lunch	
	1:30pm	Phase attack	Jake White & Eddie Jones
	2:30pm	Defence theory	Jake White
	3:30pm	Lineout theory	Eddie Jones
	4:30pm	Defence practical	Jake White
	5:30pm	Lineout practical	Eddie Jones
Day 2	Time	Course	Lecturer
	8:30am	Player conditioning, maintenance and planning	Dr Derik Coetzee
	9:30am	Medical and recovery	Clint Readhead
	10:30am	Visual specialist presentation	Dr Sherylle Calder
	11:30am	The player and his strength of mind	Dr Henning Gericke
	12:30pm	Lunch	
	1:30pm	The scrum	Balie Swart/Os du Randt
	2:30pm	Scrum practical	Balie Swart/Os du Randt
	3:30pm	Nutrition for rugby players	Discovery Vitality
	4:30pm	Shape off 9	Jake White
	5pm	Player selection	Jake White & Eddie Jones
	6pm	Braai	

## LEVEL TWO

Day 1	Time	Course	Lecturer
	8am	Arrival and registration	
	9am	Introduction and recap	Jake White & Eddie Jones
	9:30am	The player and his strength of mind	Dr Henning Gericke
	10:30am	Shape off 10	Jake White
	11am	Ruck and maul	Marcello Loffreda
	12pm	Lunch	
	1pm	Specialised coaching	
		Forwards: Scrum and maul	Os du Randt/Balie Swart & Marcello Loffreda
		Backs: Attack, kicking and evasive skills	Percy Montgomery & Paul Treu
	3pm	Visual specialist practical drills	Dr Sherylle Calder
	4pm	Tapering and peaking for optimal performance in rugby	Dr Derik Coetzee
	5pm	Medical and recovery	Clint Readhead
Day 2	Time	Course	Lecturer
	8:30am	Developing an annual programme	Jake White & Eddie Jones
	9:30am	The backline	Eddie Jones
	10:30am	The referee	Jonathan Kaplan
	11:30am	Defence theory II	Jake White
	12:30pm	Defence practical II	Jake White
	1:30pm	Lunch	
	2:30pm	Sports supplements for rugby players	Discovery Vitality
	3:30pm	Developing your coaching team and playing system	Jake White & Eddie Jones
	4:30pm	Player management	Jake White & Eddie Jones
	5:30pm	Coaches' forum	Jake White & Eddie Jones
	6pm	Braai	

## JUNIOR COACHING

Day 1	Time	Course	Lecturer
	8:30am	Arrival and registration	
	9:30am	Developing a playing system	Jake White & Eddie Jones
	11am	Developing a training philosophy	Jake White & Eddie Jones
	12:30am	Teaching the scrum	Balie Swart/Os du Randt
	1:30pm	Lunch	
	2:30pm	Skill acquisition/player selection	Jake White & Eddie Jones
	3:30pm	Practical: Kicking	Jake White & Eddie Jones
		Practical: Passing	Jake White & Eddie Jones
		Practical: Tackling	Jake White & Eddie Jones
		Practical: Breakdown	Jake White & Eddie Jones
	6:30pm	Braai	



DECEMBER 2009

Having a strong and loyal team is so important to any success story. Part of my success story can be attributed to the amazing minds that I have worked with over my years as a professional coach, who will always be lifelong friends.

Seeing my coaching courses grow from an idea to a reality in 2009 was wonderful. To see that the courses scheduled for 2010 include my respected colleagues Marcello Loffreda and Jonathan Kaplan, shows the strength of the game and confidence of those who wish to impart their knowledge.

Marcello has been a good friend over the years as we both grew into our national coaching positions, a worthy adversary and respected peer with the shared unique experiences and skills that we have lengthy discussions about over a cold beer.

Often the public perception is that rugby players and coaching staff do not fraternise or socialise with the opposition. However, many professional rugby players and coaches around the world keep in regular contact and have strong bonds from the experiences they have encountered together. It is important to encourage sportsmanship and relationships between your players and coaching teams. As your players and coaches move from schools, clubs, regions and to new roles, your enemies will often become close working colleagues and allies. That is not to say a jab in the ribs and a wink every now and then, even on global television, is not encouraged!

Having Jonathan on board will give every coach out there an opportunity to learn and question one of South Africa's most successful referees, with the most important question, 'Why?'

Have a safe and restful holiday!

## MARCELLO LOFFREDA ON THE SCRUM, MAUL AND RUCK

Let me firstly say how honoured I am to be part of the Winning Way consultancy. Jake and I have been friends for a long time, well before he was Springbok coach and I was Pumas coach, and I was very proud when he e-mailed me and invited me to be part of the group. I'm looking forward to coming to South Africa, but also hope Winning Way can come to Argentina in the future.

At the courses I'll be focusing on the ruck, maul and scrum.

In some clubs in Argentina we use a unique scrumming technique, the bajada, and I also tried to bring this into the national team. The most important aspect here is getting the 16 legs of the forwards moving as one. The main difference to normal scrumming technique is that all the forces are geared towards the hooker, which will destabilise the opposition scrum.

It's difficult as every player needs to be co-ordinated and each individual has to know the instant to go forward. It's all about pushing in the same way and at the same time, while the players' use of their arms mean they can join as one. This whole technique will be better illustrated on the course when I can use practical examples.

Mauling is another aspect that's so important in the game and I'm really happy it's back, as it truly tests defences. One of the biggest challenges in the modern game is creating space across the field, and the maul is another way of getting the defence on the back foot.

Technique here is again vital – you need a low body position, and the position of the players' arms is also important in ensuring you create a solid platform. The ball needs to be moved quickly to the back, while the guys' chins need to be up, in a similar formation to a scrum. It's a slow but dynamic formation, and every player has changing roles, as forwards will have something different to do according to each particular maul.

Sometimes it is impossible to avoid the breakdown, but if we do have them, the objective is quick ruck ball – all the good teams get that or try very hard to achieve it. The offload in the tackle and off the ground is the quickest ruck ball you can get, that's why I encourage my teams to use it and I try to work on that as much as possible.

I look forward to seeing you all in 2010!

## EDDIE JONES ON PRE-SEASON TRAINING

There are a number of basics you need to concentrate on in the lead-up to the first game of the season, depending on the age of the players and the time you have at your disposal.

The guys have to be fit to play. You firstly have to build running fitness, by doing aerobic and anaerobic fitness, then a mixture of both. The players' bodies have to be conditioned, whether it's with weights for the older guys, while for the youngsters they still have to have tough bodies that are physically ready for rugby.

It's the base of rugby – if they're not fit and strong, they can't play to their potential.

After fitness, skill development is vital, such as catching and passing, individual tackling skills, and breakdown work. Each

early pre-season session should have at least 20 minutes of each of those drills.

Then basic unit skills should be done. The forwards may be more complicated with lineouts, scrums, kick-offs and breakdown work, but there is also lots to get through with the backs. With more kicking in the game, kicking and catching skills can't be ignored. You also have to work on first-phase moves and then phase plays, all of which should be done at least twice a week.

Coming together as a team, early on you have to structure your team attack and the way you want the game to be played. That should be done two or three times as you move closer towards the first match of the season. You can't just work on attack, you have to spend time creating a defensive system, and then practising it.

As you build up to the first game, core skill work becomes less, but that never stops completely. At the start of the season you would do more skills drills and less unit work, but that process reverses and there is more team work done as you prepare for the start of the season.'

For those of you who have already attended the course, I have posted a pre-season training plan on the 'Coaches Only' section of the website for more information.

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